



Let's Play

Albert Einstein once said that "play is the highest form of research."

As I was reading an article by James Drake in a recent issue of *Legacy*, the magazine of the National Association for Interpretation, the following words hit me. He wrote "Play is how children make strong connections to the natural world. Play is how we explore the world around us. Play in the outdoors is what turns us all into lovers of the outdoors."

It's as easy as that! It's child's play. And yet it is harder and harder to convince people to get outside and play.

Did you know kids feel better after playing in nature? They need unstructured, free exploration and unplanned time in "wild" areas of natural spaces. Instead of the standard cookie cutter plastic and metal structures that make up a playground, go outside and use nature as a playground. Think skipping rocks, building forts, following ants or balancing on a log. Consider trees. They are a



natural playground with built in shade! Think tree swings, forts, and hide and seek.

All of us need to reclaim play time spent outdoors. More and more adults have forgotten how to play. Follow the children. Rachel Carson said, "If a child is to keep his

inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in."

Come outside with us and play!

—Robin Grumm,
Assistant Nature Center Manager

Volunteer News

Runge Volunteers **work** hard and **play** hard –
Discovering Nature!



Volunteer Milestones

Congratulations to the following volunteers for the hours of service donated to the Runge Nature Center.

200 hours – Travis Cain, Bill Kuensting

300 hours – Kristen Hirst

400 hours – Jan Brizendine, Samantha Luttrell

750 hours – Gabby Lehmuth

1000 hours – Nanci Beck

1250 hours – Carol Young

1500 hours – Bruce Berger, Anne Hutton, Larry Young

3500 hours – Gretchen Hanna

4000 hours – Sara Rittman

Exhibitors

Nature Paintings

by Jeff Nichols

Jeff was born and raised in the foothills of the Missouri Ozarks. Passionate about the outdoors, he began drawing and painting nature scenes at an early age. "I love sharing my artistic visions with folks who share a similar enthusiasm for Missouri's wildlife and landscape." Jeff invites everyone to come out and visit his exhibit and learn more about Missouri's outdoors. You may also visit Jeff's website at www.jeffnicholsart.com to see additional works of art.



NEW... *3-D Art Exhibit*

Come and see three-dimensional fiber art by Gail Barnickol and wood works by Lynn Barnickol. Gail has worked with fiber art for 50 years. Her art processes include spinning and dyeing wool using native Missouri plants. Lynn has been making furniture and smaller items for 45 years. He crafts with Missouri hardwoods. Both Gail and Lynn have a rich history in sharing their passion of Missouri's outdoors through their artistic talents.

For the Little Ones...

Connect with nature through exciting and age-appropriate opportunities.

Babes In The Woods

Children ages 0 through 2 years of age are welcome to attend a Babes program with their caregiver. This program is limited to 15 children, plus caregiver.

Little Acorns

Children 3 through 6 years of age are welcome to attend a Little Acorns program with their caregiver. This program is limited to 20 children, plus caregiver.

Little Acorns PLUS

If you have a child that fits into our Babes program **AND** one that fits into our Little Acorns program this is for you. This program is limited to 20 children, plus caregiver. Please provide the ages of your children when making your reservation.



discover nature programs...

- Help Missourians discover and explore nature
- Provide expert instruction and hands-on activities
- Are available statewide

<http://mdc.mo.gov/discover-nature>

September

Registration begins September 2nd

573-526-5544

Squirm the Worm

Worms don't push their way through dirt, they eat their way! Learn many more interesting facts about these small earth churners. Dress to get dirty. We will be a worm and squirm –play– in a large dirt pile.

Babes In The Woods

September 12 • Friday • 10 AM

September 17 • Wednesday • 10 AM

Little Acorns

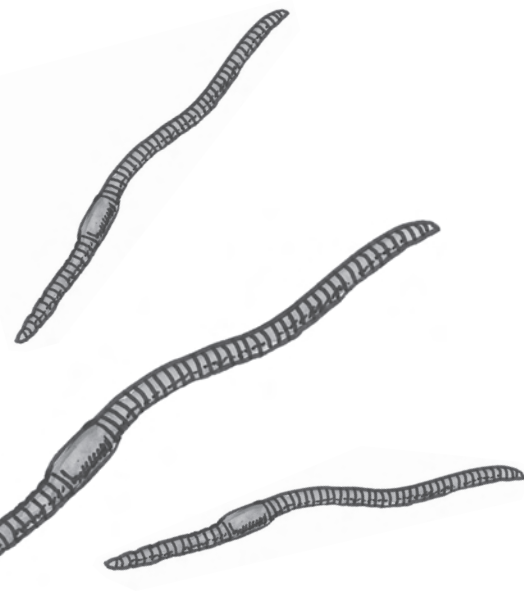
September 13 • Saturday • 10 AM

September 19 • Friday • 10 AM

Little Acorns PLUS

September 23 • Tuesday • 10 AM

September 25 • Thursday • 6 PM



October

Registration begins October 1st

573-526-5544

Falling Leaves

Come stroll through the shapes and colors of fall leaves. We will touch, look, color, and play with and in a LEAF PILE! Dress to play and get dirty.

Babes In The Woods

October 10 • Friday • 10 AM

October 22 • Wednesday • 10 AM

Little Acorns

October 8 • Wednesday • 10 AM

October 16 • Thursday • 6 PM

Little Acorns PLUS

October 11 • Saturday • 10 AM

October 28 • Tuesday • 10 AM

"If a child is to keep alive his inborn sense of wonder without any such gift from the fairies, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in."
Rachel Carson (1907-1964) naturalist, writer, environmentalist

Runge Calendar of Events - September

Get outdoors and experience what nature has provided for you.



September Events

Registration begins September 2.

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Puppet Show: Tale of Tails

September 6 • Saturday • 1–1:30 PM

No registration required (all ages)

Do you want to know what happened? A storyteller's yarn may uncover how Bobcat, our real wild resident, lost its tail. Other Runge animals are getting anxious. Beaver, Scorpion, and their puppet friends want to keep their tails for different and important reasons. Discover if something took Bobcat's tail and if our nature center puppets should be concerned.

Remembering the Passenger Pigeon

September 11 • Thursday • 6–8 PM

No registration required (ages 10 and older)

100 years ago this month, the last passenger pigeon died in a Cincinnati zoo. This evening we remember the passenger pigeon because its story helped define many conservation efforts of today. Refer to back page for additional details about the program. In partnership with Riverbluffs Audubon Society.

Adventure Birding

September 13 • Saturday • 8 AM–Noon

Registration required (ages 8 and older).

Children accompanied by an adult.

We are joining the **Discovery Hikers** and heading to Eagle Bluffs Conservation Area, one of the choice birding sites in Missouri for waterfowl, wading birds, sandpipers, rails, etc. This should be the beginning of the fall migration, so anything is possible. Transportation will be provided. Dress for the weather, wear sturdy walking shoes, and bring water, and binoculars (or borrow one of ours).



What's Going On? Nature Play

September 13 • Saturday • 10 AM–2 PM

No registration required (all ages)

Let's play! Dress in your "play" clothes for fun at Runge. Indoors, we will have natural "toys" to play with. Outdoors – weather permitting – we will have a dirt pile. Pretend. Explore. Have some natural fun!

Story Tree - On the Trail!

September 18 • Thursday • 6–7 PM

No registration required (all ages)

Walk the Naturescape Trail and encounter a volunteer naturalist eager to share a nature story or two with you. You will be delighted with the stories and activities. In case of inclement weather, the Story Tree will be inside.

Nature's Needlers

September 18 • Thursday •

10:30 AM–Noon OR 6–7:30 PM

Registration required (ages 18 and older)

An important seed plant for birds and insects of the prairie is the sunflower. This showy flower is our ninth block in the Missouri Prairie series. Join us and learn about this important prairie forb.

Story Tree - On the Trail!

September 20 • Saturday • 10–11 AM

No registration required (all ages)

Refer to September 18 for details.

Discover Nature Women: Fishing FUNdamentals

September 27 • Saturday • 9 AM–Noon

Registration required (Women; 18 years and older)

Hang up your "Gone Fishing" sign and meet at Runge to learn the basics of this popular sport. This program will cover fishing basics such as baiting your own hook, casting techniques, and filleting your catch. We will provide the necessary items needed (rods, bait, etc...), feel free to bring your own gear if preferred. Bring a water bottle and dress for the weather.



Design with Nature in Mind: A recycled card-making activity

September 27 • Saturday • 10 AM–Noon

Registration required (women ages 14+)

Bring old magazines to recycle. Design and craft a colorful greeting card to take home. The leaders will FOCUS on a technique called Iris Folding. You will learn to fold old magazine pages into a work of art which will focus your eye (iris) on a favorite part of nature – birds, butterflies, insects, and more.

The Runge Conservation Nature Center (CNC) is located on 97 acres in the heart of central Missouri. Come discover and enjoy the wonders of Missouri's habitats and its array of fish, forests, and wildlife. Runge CNC is located one-third mile north of Hwy 50 on Hwy 179, Jefferson City. (330 Commerce Dr.)

BUILDING HOURS:

Tuesday–Saturday: 8 AM–5 PM

Thursday: 8 AM–8 PM

Closed Sunday & Monday

TRAIL HOURS: Open daily 6 AM–9 PM

<http://mdc.mo.gov/regions/central/runge-nature-center>

October Events

Registration begins October 1.

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Behind the Scenes at Eagle Bluffs Conservation Area

October 9 • Thursday • 6:30–7:30 PM

No registration required (adults)

It takes a lot of work to make Eagle Bluffs Conservation Area the great place it is! Find out how the area continues to be home to birds, deer, turtles, and other wildlife. Tim James, Wildlife Management Biologist with the Missouri Department of Conservation, will explain the area management. Sponsored by the River Bluffs Audubon Society.

Beginner's Backpacking Trip

October 11 • Saturday • 8 AM through

October 12 • Sunday • 5 PM

Registration required (ages 12 and older)

Pack your gear and take to the trail! Runge volunteers and staff will lead this overnight trip to Mark Twain National Forest. Saturday we will hike approximately 6 miles along the Ozark/Berryman Trail to an artesian well at the Edward Beecher Camp, an open clearing with a small creek nearby to set up camp. There will be time to explore and enjoy the beauty of autumn in the Ozarks. The next day we will hike approximately 2 miles out and shuttle back to the trailhead.

Anyone under the age of 18 must be accompanied by a parent or guardian.

Novices and experienced backpackers are welcome to participate.

All participants will be responsible for their own gear and food. Learn all the details at the pre-trip meeting. *The mandatory pretrip meeting will be on Thursday, October 9 at 6:30 PM at Runge Nature Center.*

Adventure Birding

October 11 • Saturday • 8–11 AM

Registration required (ages 11 and older.

Children must be accompanied by an adult.)

Join us as we travel to Rock Bridge Memorial State Park. This site has beautiful scenery, fun trails, and great birding. Transportation will be provided. Dress for the weather, wear sturdy walking shoes, and bring water, and binoculars (or borrow one of ours).

Puppet Show: Tale of Tails

October 11 • Saturday • 1–1:30 PM

No registration required (all ages)

Do you want to know what happened?

A storyteller's yarn may uncover how Bobcat, our real wild resident, lost its tail. Other Runge animals are getting anxious. Beaver, Scorpion, and their puppet friends want to keep their tails for different and important reasons. Discover if something took Bobcat's tail and if our nature center puppets should be concerned.

Nature's Needlers

October 16 • Thursday •

10:30 AM–Noon OR 6–7:30 PM

Registration required (ages 18 and older)

Predators are an important link in the prairie ecosystem. Join us for the tenth block of the Missouri Prairie series, the coyote. Patterns for piecing, embroidery, or applique are provided each month.

Story Tree - On the Trail!

October 18 • Saturday • 10–11 AM

No registration required (all ages)

Walk the Naturescape Trail and encounter a volunteer naturalist eager to share a nature story or two with you. You will be delighted with the stories and activities. In case of inclement weather, the Story Tree will be inside.

Deer Processing

October 18 • Saturday • 1:30–4:30 PM

Registration required (all ages)

Going deer hunting? Then join us to learn how to skin and process the deer you harvest this year. We'll show you techniques, safety tips, and answer any questions about do-it-yourself processing.

Story Tree - On the Trail!

October 23 • Thursday • 6–7 PM

No registration required (all ages)

Refer to October 18 for details.

Designs with Nature in Mind: Leaf Notecards

October 23 • Thursday • 6–8 PM

Registration required (Women, ages 18 and older)

Celebrate the fall season! Discover a myriad of leaf designs from our native trees then explore a variety of techniques to capture them. Take home a series of beautiful notecards created with Missouri leaves.

Designs with Nature in Mind: Leaf Notecards

October 25 • Saturday • 10 AM–Noon

Registration required (Women, ages 18 and older)

Refer to October 23 for description.

Firearms Safety for Youth Hunters

October 25 • Saturday • 10 AM–Noon

Registration required (6–10 years old and accompanied by an adult)

Although this is not a hunter education course, this program can help you make sure your youth are safe during the hunting season. We'll cover the commandments of firearms and safety, safe methods for carrying a firearm, and tree stand safety.

Outdoor Cooking

October 25 • Saturday • 1–4 PM

Registration required (ages 8 and older.

Children accompanied by an adult.)

Outdoors in the fall is great, especially around a fire. Learn how to use a Dutch oven to cook up something delicious. Try your hand at a few other methods as well. Participants will be actively involved in preparing and cooking. Runge will provide all ingredients and necessary accoutrements.

Intro to Deer Hunting

October 25 • Saturday • 1:30–4:30 PM

Registration required (6 years and older)

Ever wished you knew how to hunt deer? We will go over the basics of deer hunting for beginners; from tags to scouting, and from clothing to hunting methods.

Registration begins Monday, October 20

Adventure Birding

November 1 • Saturday • 8–11 AM

Registration required (ages 11 and older.

Children must be accompanied by an adult.)

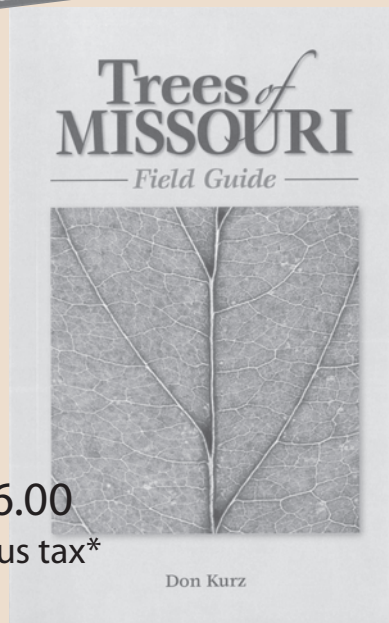
We will meet at the old bait shop parking lot at Binder Lake at 8 AM. This time of year, Binder Lake is a hot spot for water birds of many types. Come join us and find out about spotting scopes as well. Dress for the weather, wear sturdy walking shoes, and bring water, and binoculars (or borrow one of ours). Binder Park is located off Rainbow Dr. and Henwick Lane, 5840 Rainbow Dr., west of Jefferson City.

Gift Shop...

20% Featured items



\$7.20
plus tax*



\$6.00
plus tax*

*The Heritage Card does not apply.

What's Going On?

Programs and activities at
Runge Nature Center

Every Saturday At Runge 10 AM–2 PM

No registration required (all ages)

The Runge Nature Center offers exploratory tables, activities, and/or crafts every Saturday throughout the year. Stop in to see what adventure awaits you during our "What's Going On?" at the nature center.

Calling All Hikers

Exploring the great outdoors

Runge has three volunteer-led programs designed to provide opportunities for people of all ages to hike Missouri trails and learn about our plants, animals, and natural communities. Each month we'll meet at the nature center, carpool to one of Missouri's choice hiking spots and hike one or two of the best trails. Bring water, wear comfortable hiking shoes, and come dressed for the weather.

Half-Day Discovery Hikes

September 13 • Saturday • 8 AM–Noon Registration begins September 2nd.

Registration required (ages 8 and older - children must be accompanied by an adult)

Location: Eagle Bluffs Conservation Area, south of Columbia.

Trail Length: 2 miles Terrain: Slight inclines and/or few obstructions.

Focus: Birding (*The Adventure Birding program participants will be combined with this hike.*)

October 18 • Saturday • 8 AM–Noon

Registration begins October 1st.

Registration required (ages 8 and older - children must be accompanied by an adult)

Location: Painted Rock Conservation Area. Located in Osage County. Take Highway 63 north, then Highway 133 west 7 miles to the area.

Trail Length: 2 miles Terrain: Moderate inclines and/or few obstructions.

Focus: Photography

Midweek Trekkers

September 17 • Wednesday • 8 AM–5 PM Registration begins September 2nd.

Registration required (adults)

Location: Woodson K. Woods Memorial Conservation Area. Located Southeast of St. James on Highway 8 in Phelps County.

Trail Length: 5 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

October 15 • Wednesday • 8 AM–5 PM

Registration begins October 1st.

Registration required (adults)

Location: Monkey Mountain Conservation Area. Located in Jackson County, near St. Joseph.

Trail Length: 4 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

The Hiking Club

September 20 • Saturday • 8 AM–5 PM Registrations begin September 2nd.

Registration required (adults)

Location: Shaw Nature Reserve. Located in Gray Summit.

Trail Length: 5 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch and \$5 for admission fee to enter the Reserve.

October 25 • Saturday • 8 AM–5 PM

Registrations begin October 1st.

Registration required (adults)

Location: Prairie Home Conservation Area. From Prairie Home, take Route J west 0.5 miles, then Route W south 2 miles to the area.

Trail Length: 5.5 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

Conservation Kids' Club

A club created for kids 6–12 years who love to explore nature and learn about wildlife.

Conservation Kids' club is a club created for **kids 6–12 years** who love to explore nature. When you make your reservation 573-526-5544, please provide the name of each member, their age, and the number of siblings attending the Little Acorns program to help us better prepare. Thank you.

Dayshift, Nightshift, and Garbage Gal

September 16 • Tuesday • 6:30–8 PM *Registration required (September 2 through September 12)*

One raptor works the day shift, the other the night shift, and the last is an odd bird that is “titled” the garbage gal. Come unlock the secrets of why one flies by day and one flies by night. Their behaviors and adaptations will be revealed to YOU! Join us tonight for a live bird presentation by Springfield's Dickerson Park Zoo.

Wild Edibles

October 21 • Tuesday • 6:30–8 PM *Registration required (October 1 through October 17)*

Broaden your taste buds by coming to your “Conservation Kids' Club” Wild Edible Grocery Store and sampling some of Missouri's wild edibles.

Our doors will open at 6:30 for the following activities: •Wild Edible Tasting •Wild Edible Identification
•Wild Edible Recipe Book Craft

Learn to eat wild and healthy naturally! Get your Vitamin“N” here.

Parents/Guardians! While big brother/sister attends Conservation Kids' Club, your preschooler (3 through 6 years of age) can be involved in a program at the same time. A preschool program will be available for siblings of Conservation Kids' Club members on Tuesday, September 16 and Tuesday, October 21. **Please limit your Little Acorn reservations to one program each month.**



Vitamin 'N' for Nature

Connecting with Nature

vitamin
for
nature

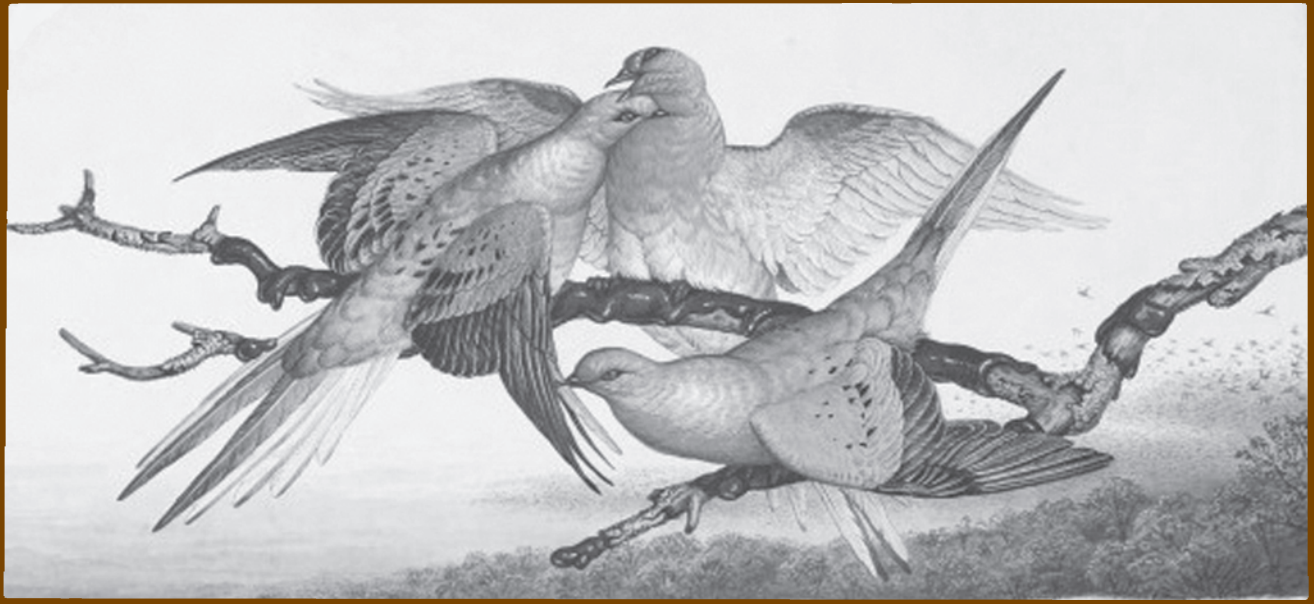
Vitamin 'N' for Nature; Connecting with the natural side of things, and in the process reaping many health benefits.

Go outside and play! Here are some ideas to get you started:

- Build a fort using twigs, sticks, branches, leaves, and rocks.
- Lay in the grass and look at the clouds. What sorts of creatures do you see?
- Rake up a pile of leaves and jump in them.
- Walk through a prairie/meadow and hide in the tall plants. Pretend you are a turtle.
- Find a sturdy vine and swing on it.
- Balance on a log and walk its length.
- Think of your own outdoor play ideas and share them with us!

Remembering the PASSENGER PIGEON

In partnership with River Bluffs Audubon Society



September 11 • Thursday • 6–8 PM *No registration required*

100 years ago this month, the last passenger pigeon died in a Cincinnati zoo. This evening we remember the passenger pigeon because its story helped define many conservation efforts of today.

6 PM – Passenger Pigeon Presentation

6:30 PM – *Movie: The Lost Bird Project.* This hour long movie tells the story of how the Labrador Duck, Great Auk, Heath Hen, Carolina Parakeet, and Passenger Pigeon met their fate and the journey that led artist Todd McGrain to find places to memorialize these birds through sculptures.

6 – 8 PM – Lobby Activities

- Exhibits on MO's Lost Birds & MO's Birds of Success
- 5 minute Video Clips about some bird successes in MO
- Help Build the Flock (Passenger Pigeon Origami)